

Please find below, Utah State Parks and Recreation news for December 8:

FOR IMMEDIATE RELEASE  
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- State Park of the Week: Wasatch Mountain State Park
- Holiday Activities at Antelope Island State Park
- Upcoming Utah State Parks Events

#### STATE PARK OF THE WEEK: WASATCH MOUNTAIN STATE PARK

Midway-- Wasatch Mountain State Park, located in Midway, is a great winter destination and centrally located to access many of the wonderful opportunities in Heber Valley.

Snowshoe, cross-country ski, snowmobile or speed downhill on a tube. The park's northern end offers a groomed 7.2-mile Nordic ski track with diagonal stride and skating lanes. Rent skis at the Wasatch Mountain Clubhouse or snowshoes from the visitor center.

At the southern end, Soldier Hollow offers a tubing park with two lifts and several lanes up to 1,200 feet long. Enjoy the 31-kilometer trail system for cross-country skiing and snowshoeing. In addition to trails, a state-of-the-art biathlon range is available. Nordic ski and snowshoe rentals are offered through the Soldier Hollow Day Lodge. Call (435) 654-2002 or visit soldierhollow.com ( <http://www.soldierhollow.com/> ) for pricing and rental information.

Explore Pine Creek, Snake Creek and American Fork canyons on snowmobile. Facilities include designated play areas, approximately 90 miles of maintained snowmobile trails, parking and restrooms. Warming stations are available at the golf course clubhouse and visitor center. Snowmobile rentals, equipment and tours are available through Lofty Peaks. For information on rentals and tours call (866) 477-8981 or visit loftypeaksadventures.com.

For more information, please call (435) 654-1791 or visit stateparks.utah.gov.

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#### HOLIDAY ACTIVITIES AT ANTELOPE ISLAND STATE PARK

**Syracuse**-- Antelope Island State Park hosts a variety of holiday events. Visit the visitor center Friday, December 26 at 2 p.m. for the Friends of Great Salt Lake's film, LakeAffect. This video presents a comprehensive look at Great Salt Lake's ecosystem.

At 11 a.m. Saturday, December 27, join the park naturalist in the visitor center and discover adaptations, techniques and behaviors that heighten animal senses. At 3 p.m. that same day, meet in the visitor center to learn more about the life and behavior of coyotes.

Meet at the Lakeside Trailhead in White Rock Bay at 11 a.m. Sunday, December 28 for an easy four-mile hike **with the naturalist** and learn about the Great Salt Lake's unique ecology. For more information on all events, please call (801) 721-9569.

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#### UPCOMING UTAH STATE PARKS EVENTS

**December 27** Wasatch Mountain State Park - Midway

**Christmas Bird Count:** Join staff from Wasatch and Jordanelle state parks for the Audubon's 109th Christmas Bird Count (CBC) in Heber Valley. The CBC is one of the largest citizen science efforts in the world. Beginner, intermediate, and expert birders are welcome. (435) 654-1791 or visit [www.audubon.org/bird/cbc](http://www.audubon.org/bird/cbc)

**December 27** Scofield State Park - Scofield

**Scofield Fishing Tournament:** Don't miss the Third Annual Scofield Fishing Tournament. Prizes awarded for the five largest tiger trout and five largest rainbow/cutthroat trout. This event has filled each year. Pre-registration is required and the cost is \$13 per entrant. To register or get more information, please call (435) 687-2491.

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